

Jamie Pope, M.S., R.D., and Martin Katahn, Ph.D.
Authors of THE **T-Factor** FAT GRAM COUNTER

The

LOW-FAT

Fast Food Guide

**HOW TO EAT RIGHT
WHEN YOU'RE
EATING OUT**

Includes all major fast food
and family restaurant chains

Guide To Low Fat Fast Food

Michal Rosen-Zvi



Guide To Low Fat Fast Food:

The Low-Fat Fast Food Guide Jamie Pope-Cordle, Martin Katahn, 2001-01-16 A completely updated edition of the guide with over 300 000 copies sold that lets you use McDonald s and diet in the same sentence **Live Healthy at Any Age** Jerrold E. Kemp, Jerrold E. Kemp Ed D., 2010-05 The theme of this book is how a person at any age can acquire and maintain a healthy body and mind for a satisfactory long life The subjects treated are physical activities eating more nutritious foods and having a healthy active brain To accomplish these goals a person must learn to change his or her mind set from old habits to new healthier habits Throughout the ten chapters the reader is encouraged to participate by answering questions making choices and considering actions for his or her own benefits *The T-Factor Fat Gram Counter (Revised and Updated)* Jamie Pope, Martin Katahn, 2006-01-17 In this newly revised edition the authors offer an informative practical guide to low fat eating that will help with weight loss while lowering the risk of disease Pope and Katahn have updated listings including carbohydrates total fat saturated fat calories fiber and sodium in the foods consumed daily [The Low-Fat Fast Food Guide](#) Jamie Pope, Martin Katahn, 1993-10-01 On the basis of careful nutritional analysis of the menus of every national chain of restaurants the authors of the runaway bestseller *The T Factor Fat Gram Counter* have come up with recommendations that will allow readers to have a satisfying meal and keep within the guidelines of the T Factor Diet and the American Heart Association **Adult/patient Nutrition Education Materials** Natalie A. Updegrove, Natalie Updegrove Partridge, 1990 **Quick Bibliography Series**, 1976 **The Workbook**, 1989 **Subject Guide to Books in Print**, 1996 [Nutrition in Health](#) Karen Koeppe, 1983 [Killer Bees/Africanized Bees](#) Sheldon Cheney, 1990 **The Last Five Pounds** Jamie Pope, 1995 This practical guide for frustrated dieters outlines a comprehensive program for changing the way weight is managed Adapted from publisher description *Bowker's Complete Video Directory*, 2000 *The Fast Food Diet* Stephen T. Sinatra, Jim Punkre, 2008-05-02 Lose weight eating at McDonald s Burger King KFC and Wendy s Yes it s possible and this book shows you how Dr Steve Sinatra is one of the top preventive cardiologists in America In *The Fast Food Diet* he shows readers how to eat smarter and more nutritiously at any fast food establishment in America so they will actually become healthier as they lose weight What a brilliant strategy and practical approach BARRY SEARS bestselling author of *The Zone* We re a nation on the go and we re gaining weight at alarming levels Chances are you realize you should lose weight and eat healthier foods but when you re hungry and hurried all too often you choose the drive through over a healthy home cooked meal This breakthrough guide presents a practical real world solution that teaches you how to make healthier fast food choices and save hundreds of calories per meal without giving up the delicious taste and convenience of fast foods In addition to tips for dining guilt free at all types of fast food restaurants *The Fast Food Diet* includes A Six Week Fast Food Diet Eating Plan that lets you choose among 150 meal selections for breakfast lunch dinner and snacks from more than fifty of the most popular fast food chains Valuable tips for business travelers holiday revelers and kids who are fast food junkies Advice on

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